

Home for the Holidays 2020



December 2020



News & Updates

4 Steps to Combat Loneliness

It is December and the holiday season is in full swing. For most, this holiday season looks very different and we are being surrounded by feelings of loneliness and isolation. Loneliness is more than an emotional issue; it has real implications for physical and mental health.

However, loneliness does not need to be an ongoing problem. Check out an article [here](#) for four tips to help combat loneliness and protect the mental health of yourself or a loved one this holiday season and beyond.



Protect Yourself Against Medicare Fraud

The Administration for Community Living's Senior Medicare Patrol Program works to empower and assist Medicare beneficiaries, families, and caregivers to prevent, detect, and report healthcare fraud, errors, and abuse. Watch and share the short video found [here](#) help yourself and others.



COVID Recovery Iowa Can Help

Do you feel anxious? Lonely? Isolated? Frustrated? A sense of loss? COVID Recovery Iowa is here to listen and offer support to individuals with disabilities. They offer free, confidential counseling through a one-time meeting or ongoing basis, and social support through text, phone, email or zoom. As well as education and resources about COVID and online group activities and events to increase social interactions.

Click [here](#) for more information.

COVID Recovery Iowa

**Contact them
Today!**

Call: 844-902-3770
Text: CHATBUDDY to 85511
Email: COVIDRecoveryIowa@iowacompass.org
Website: uihc.org/covid-recovery-iowa

Aging With Attitude!



Older Adult Technology Services helps seniors harness technology to change the way they age. The courses, programs, and activities help seniors learn new skills, save money, get in shape, and make new friends. Put together by Senior Planet the goal is bigger than the latest gadgets, apps, and websites. It is more about enabling older adults and people of all ages to find ways to come together to learn, work, create, and thrive in today's digital age. Click [here](#) for more information and courses.

Iowa Concern

Iowa Concern is a program of Iowa State University Extension and Outreach offering Iowans a source of help 24 hours a day, 7 days a week. There is no cost for this free and confidential service. Iowa Concern offers information and referral services and stress counselors for a wide variety of topics.

- Hotline - toll-free at 1-800-447-1985; language interpretation services available
- Live chat service that immediately connects you with a stress counselor where you can "talk" (type) one-on-one in a secure environment
- Email an expert with your legal, finance, stress or crisis/disaster questions



For more information click [here](#).



Nutrition Services

Transform Your Personal Health

Fresh Conversations is a free nutrition education program designed to support healthy aging and independence. Every month, Iowans aged 60 and older gather to discuss current nutrition and health topics and discover new ways to stay active and independent.

For more information click [here](#).





Better Living for Elders

CAPABLE (Community Aging in Place, Advancing Better Living for Elders) teams a registered nurse, occupational therapist and handyman to help older people live more comfortably and safely in their homes. IDA received a 2020 Empowering Communities to Reduce Falls Risk Grant to pilot

the program in Cass, Mills, Pottawattamie, and Dallas counties in partnership with Connections AAA, Aging Resources of Central Iowa, Habitat for Humanity, and other community partners. To learn more about the research and pilot project click [here](#).



Family Caregiver

The Only 2020 Holiday Guide for Caregivers You'll Need

The 2020 holiday season is looking pretty different than years past due to the COVID-19 Pandemic. Families are adapting their holiday celebrations and traditions to factor in everyone's health and safety. The article found [here](#) (and below) has all the creative tips and ideas, expert advice, and even gift ideas to help you make the season bright!



2020 Home for the Holidays Campaign



Every year the Eldercare Locator's annual Home for the Holidays campaign encourages discussion of important issues affecting older Americans at the time of year when family and friends often gather. Due to the COVID-19 pandemic we have changed the way we live and interact with one another, and the holiday season will look very different as well. N4a has produced a consumer brochure "*Staying Connected and Healthy During the COVID-19 Pandemic: Resources for Older Adults and Caregivers*". Click [here](#) for this resource.



Disease Prevention/ Health Promotion



The Art of Aging

Jim Owens, has written about the important of movement in the aging process and has produced a short documentary titled "The Art of Aging Well". The short film includes experts, personal stories, and his own path to aging wellness. The film is available on PBS, and Owens describes the process as an art and not a science. Watch it [here](#).



Falls Prevention

Maintain Your Independence

Falls contribute to many older lowans losing their ability to live independently as they age. The causes of falling vary with contributing factors which include: reduced strength in lower extremities, use of four or more medications, poor vision, chronic health problems and unsafe home conditions. For more information and classes to help prevent falls click [here](#).



Elder Abuse Prevention



Protect Yourself

Veterans and imposter scams are still at it, make sure you are protecting yourself and your personal information. Scammers will pretend to be officials with the IRS or other government agencies to get your money. Some will pretend to be from legitimate businesses to get your personal information and other sensitive information. With the increase of social isolation (and even before COVID) scammers would also use social networking sites to ask individuals for money. Protect yourself and read more about these scams [here](#).

Elder Mistreatment in the Streets

COVID-19 has brought to the light many unprecedented harms and preexisting hardships for older adults all over the world. One in particular is the decent of older adults at the economic margins into poverty and the increased threat of homelessness. Unsheltered homeless elders may be the least recognized and largest concentration of individuals that are subject to elder abuse. To learn more about this growing issue and what you can do click [here](#).

The National Council on Aging is also hosting a webinar on December 16th titled "Pathways to Homelessness among Older Adults with Mental Illness". For more information and to register click [here](#).



OLDER ADULTS

EXPERIENCING HOMELESSNESS
IS PROJECTED TO MORE THAN
DOUBLE BY 2050



UNSHeltered Elders Are...

- 11 times more likely to be assaulted
- 12 times greater risk of being robbed
- 20 times the increased chance of experiencing theft

"An unsheltered 50-year-old typically exhibits the geriatric conditions common in adults who are 15-20 years older...[and] die approximately 22 years earlier than the general population"



Legal Protections



Are your utilities at risk of being shut off?

Utility bills can strain the budgets of many lowans. This is especially true for elderly and disabled lowans who live on fixed incomes. If you are struggling to pay your natural gas and electric utility bills, you have certain rights and remedies that may help you avoid having your utilities shut off. Click [here](#) for more information.



Upcoming Events

Fall Prevention Classes

- Tai Chi for Fall Prevention
- Rock Steady Boxing
- Delay the Disease Program

<https://chpcommunity.org/events/>



Not All Traditions are Cancelled!

Where to Watch the Nutcracker Online Virtually for FREE!

Sugar Plum Fairies will not only need to be dancing in your head. Watch all the different variations of the Nutcracker from your typical Performing Arts Center version to "the Hip Hop" Nutcracker. From younger dancers as little cows, soldiers, and mice to the more accomplished dancers who have trained for years you will not have to miss this tradition. Dress up, make cupcakes and popcorn, or go all out with a Nutcracker-themed treat to have during your virtual viewing, for all the information click [here](#).



Iowa Department on Aging

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The mission of the Iowa Department on Aging is to develop a comprehensive, coordinated and cost-effective system of long-term living and community support services that helps older Iowans maintain health and independence in their homes and communities.